

TMI Focus



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A Member Newsletter Of The Monroe Institute®

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WHAT IF?

by Laurie A. Monroe



What if you knew you were going to die in exactly twelve months? What if you knew your child was going to die in six months? What if you knew you were going to win at lotto next week? What if you were promised a thousand dollars a week for the rest of your life? What if you decided to quit your job and move to the Amazonian jungle to study the flora and fauna of the rain forest? What if . . . ?

Attorneys use what-ifs to evaluate legal situations. To "win" a case, many possible outcomes must be evaluated and each scenario must be played out as if it were actually going to happen. Playing out each scene as it could unfold prepares them to defend or prosecute a case. A similar process can be usefully employed in one's own life.

For example, someone diagnosed with cancer could use the same process. The what-ifs would be the myriad treatment options, the emotional ups and downs, and the possible treatment outcomes played out on the stage of your mind. Several friends have taken this approach, and one of my dearest friends and colleagues is currently confronting the what-if of cancer. In general, humans live in a world of what-if, and it isn't easy. In that world the mind projects many dramatic scenes that hold us in thrall to our egos.

But looking beyond being human and remembering that you are a "spiritual being having a human experience" allows you to truly connect to your higher self. That part of you is constant and

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AN APPLICATION OF TRANSPERSONAL EXPERIENCE: HEMI-SYNC® JOURNEYS

by Andrea T. Berger



Andrea Berger grew up in Bucharest, Romania, and has traveled throughout India studying yoga and meditating on inner light and sound. She now lives in Cincinnati, Ohio, with her husband and their two children. Andrea works as an information technology manager for a large consumer goods company and is a certified VortexHealing® Divine Energy Healer, a Reiki

master, and an enthusiastic Tai Chi practitioner. In her "spare" time, she is a graduate student in transpersonal psychology at Atlantic University in Virginia Beach, Virginia. Between 2003 and 2006, Andrea attended the GATEWAY VOYAGE®, LIFELINE™, TIME-LINE, EXPLORATION 27® and STARLINES. The final paper of her first Atlantic University course describes what Andrea has learned in TMI programs, especially EXPLO-RATION 27 and STARLINES. The paper received a grade of "A," and we are pleased to share a portion of it here.

During my GATEWAY VOYAGE
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NO MORE YESTERDAYS

by Mark W. Shelton



Mark Shelton is a Southern California native and actively pursues his interests in digital photography, 3-D animation, DVD and video production, film and television, commercials, music (guitar, bass, and keyboards), stand-up comedy and improv, and last, but not least, traveling God's beautiful Earth, taking pictures along the way. Mark attended the GATEWAY VOYAGE® in September 2006.

In April 2006, I had a double spinal fusion on my lower back. The surgery was a major success, as was my rehabilitation. I swam and walked the beach every day, ate healthily, and drank lots of water. The best part was being able to walk upright again, no longer dragging my knuckles on the ground like my Cro-Magnon ancestors of ages past. The surgery was a result of a *horrible* fall in 2003 that pinched the nerves in my lower back, legs, and feet and fractured my L5 vertebra. The neurosurgical genius who pieced me back together explained that I would experience major numbness in my back, legs, calves, feet, and toes, but in six to eight months I might be able to function normally again, for the most part. Wow! Three years of suffering would finally come to an end. I don't take pills. They mess with my brain, body, and digestive system and even worse, shut me off from receiving the incredible flow from our omnipotent creator. That alone is the true reason I avoid them.

Three months post-op, I decided to go to an actual physical therapy center, trusting that they could take me to the next level. I had no conception of the month of *torture* I was about to undergo. It led to horrible stabbing pains in my hips and spontaneous cramping in my legs, feet, and toes both day and night. I had worked so hard and had come so far. Why was this happening? A CAT scan revealed that the surgical sites were healing above average and everything looked great, but a static picture couldn't explain the "why" of my horrifically random pain. It was agonizing.

The next morning I woke up in a very dark funk, feeling hopeless about my recovery and feeling like I didn't have it in me to carry on anymore. Not in a suicidal kind of way but in a way that's hard to explain. So I asked God for help. I begged, I cried, I said: "Please, God. Please guide me to a nurturing place—somewhere I can ground and heal myself with the innate intelligence you've bestowed on all of us. Show me the way back to your light."

Lying in bed, I thought about Robert Monroe and The Monroe Institute. I had called weeks earlier to see if there were any openings in the GATEWAY VOYAGE, but it was full. I spoke out to Bob and said, "Hey, Bob . . . can you make a space for me?" The adage "Be careful what you ask for" couldn't have held more truth. Within the hour, Karen Viar called to let me know that a space was available and I was welcome to participate. It was so much of a sign from God (and Bob) that I decided to take the leap of faith and make it happen for myself.

The TMI experience was incredible and provided me with an array of tools and information to use in my future. The trainers, the participants, the guest speakers and

the environment all came together to magnify my experience. Most *amazing* was that my refreshed perspective didn't occur until after I left the program and was thrust back into society. Then some extraordinary miracles occurred, which can best be described as the revelation of my own purpose and destiny in *Technicolor*. The people I met and connected with, the naturally beautiful places I saw, and the internal reflection all enabled me to have an epiphany—one that would help me recharge, reconnect, and forge ahead just like I did before my accident. What epiphany, you ask? Well, in a nutshell, I was allowed to no longer see or feel my yesterdays. My perspective changed so I could move forward unhindered by past regrets, losses, and misunderstandings.

On my return home, I called my mom from the airport. I told her that despite the times we haven't spoken because of anger, resentment, misunderstanding, and frustration, it is *all good*. Everything happened the way it was supposed to happen, and she is the *greatest mother* on the planet. No longer would I fret over not feeling more loved, nurtured, and understood and of all things, that our bond wasn't stronger over the years. There were no regrets. It happened the *right way*. Despite the many times she might have felt sad or guilty about not being a better giving, loving, and nurturing parent, she did it all the *right way*. If she hadn't done everything exactly as she did, I would quite possibly never have arrived at this moment of complete awareness, because I wouldn't have needed to search for the truth myself. I told her, "*I love you so much, Mom, and thank you for being you and doing it just the way you did.*"

WHAT IF?

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knows no ending. You do survive physical death, and your physical existence here is a beautiful and meaningful journey of your soul. No matter how great a challenge you face, there is always someone facing one that is greater. Examples abound, in America's largest cities and around the world.

While writing these thoughts, I'm looking at a collage of pictures from my "other life" years ago in Orlando, Florida. I was in my prime with a great career, exceptional compensation, and many caring friends. The career was a natural, as it always has been for me. The most important part of my life, however, was the friends I cultivated and the connection we shared. That was a transition "time" for me because I was going through a divorce. My friends were there for me, as I was for them, and we always will be there for each other. Our connection never fades.

What if we all realized that every interaction we have makes a difference in the future of our

world? Would you take steps to change something in your life that would catalyze a needed change—not just for the world but also for yourself? What if you could BE the spirit that you are and demonstrate that essence by action in the physical world? Would you take the chance to be "different" in order to make a difference? Are you willing to let go of the what-ifs in your life and live in the flow? Are you willing to release control of your future and live in the moment by intuition? Only you can answer such questions.

Response to Member Feedback

In my recent member update, I spoke of the future and of the possibility of expanding the Nancy Penn Center. After listening to your feedback, we have decided for now to upgrade Nancy Penn by adding more "creature comforts" and accessories to each room. Perhaps there will be a theme for each room. Members will receive an outline of the proposed upgrade with the donation letter and can choose how to participate.

I extend a sincere "thank you" to everyone who has supported my

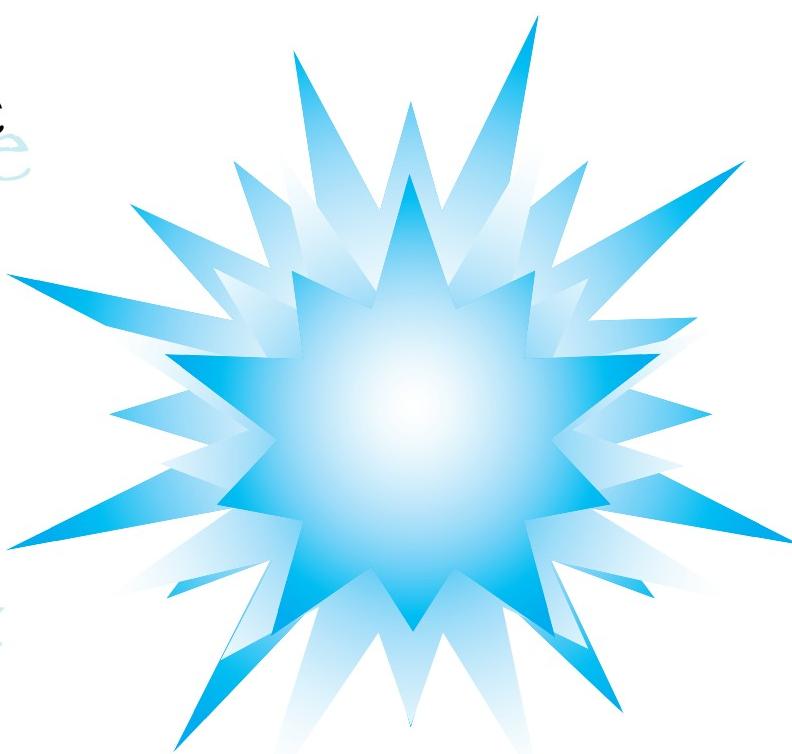
endeavors to expand TMI. I invite each of you to be a part of TMI's future and to participate in its growth. It is critically important to expand our outreach to everyone who is open to what TMI offers. One way to do this is through sponsoring tuition for a *GATEWAY VOYAGE®* participant. Another avenue could be donating to the general or research fund, a contribution that helps TMI to continue in perpetuity. What if everyone who has benefited from the TMI experience donated a minimum of \$500 per year for five years? That level of annual commitment would insure that TMI would continue to be here for others who are seeking to know that they are much more than their physical bodies. That knowledge sets you on the "freedom route" with a mandate to share your knowledge with those who will follow you. Please start the New Year by gifting your loved ones with an opportunity to embrace a much more joyful, peaceful, and exhilarating way of being.

With gratitude ~ Laurie



Peace
Peace

Light
Light



Love
Love

Joy
Joy

THE MONROE INSTITUTE PROGRAM SCHEDULE

Contact Karen Viar at (434) 361-1252 or TMIprograms@aol.com to register for programs and workshops listed below. Please note that the *GATEWAY VOYAGE®* is a prerequisite for all other six-day programs. Programs may be held in the Nancy Penn Center or at Roberts Mountain Retreat. Dates are subject to change. Contact Shirley Bliley at (434) 361-1252 or dec1pd@aol.com with any questions about the Professional Division Seminar.

January–June 2007

GATEWAY VOYAGE

January 13–19

February 17–23

March 10–16

April 21–27

May 5–11

June 2–8

June 9–15 (Japanese)

June 23–29

NOETIC SCIENCES GATEWAY VOYAGE - CA

June 9–15

FIVE WEDNESDAYS

February 24–March 2

GUIDELINES®

January 20–26

April 28–May 4

GRADUATE RETREAT

May 4–6

HEARTLINE

March 31–April 6

INTUITIVE INVESTING

May 18–21

LIFELINE™

January 27–February 2

May 12–18

EXPLORATION 27®

February 3–9

MC²

June 9–15

EXPLORATION ESSENCE

April 28–May 4

REMOTE VIEWING PRACTICUM

March 17–23

STARLINES

March 3–9

June 16–22

TIMELINE

March 31–April 6

PROFESSIONAL DIVISION SEMINAR

March 2008 (Dates to be announced)

HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board connecting you with people, events, and publications around the world that have something to share about Hemi-Sync®. It's your forum and we encourage you to use it. Submit your Hemi-Lync item to the TMI FOCUS by writing, calling, or by e-mail.



Appearances

On September 10, 2006, TMI President Laurie A. Monroe gave a two-hour presentation on "Hemi-Sync: A Tool for Transformation in Changing Times" to the Chrysalis Meeting at the Unitarian Universalist Fellowship in Waynesboro, Virginia. Members and guests from throughout the Shenandoah Valley gathered to hear Laurie's informative presentation. Everyone participated in two Hemi-Sync exercises and discussed their individual experiences afterward. Working with the Hemi-Sync CDs stimulated the group's interest in expanding their knowledge of TMI's residential programs.

Books

The following titles are available from the TMI Bookstore. Call (866) 881-3440 toll-free or e-mail to TMIbookstore@aol.com

Robert A. Monroe's trilogy:
JOURNEYS OUT OF THE BODY
FAR JOURNEYS
ULTIMATE JOURNEY

Captain of My Ship, Master of My Soul, by F Holmes "Skip" Atwater
Healing Myself, by Gari Carter
Cosmic Journeys, by Rosalind A. McKnight
Mind Trek, by Joseph McMoneagle
Remote Viewing Secrets, by Joseph McMoneagle

The Ultimate Time Machine, by Joseph McMoneagle
The Stargate Chronicles, by Joseph McMoneagle

Focusing the Whole Brain, edited by Ronald Russell

Conferences
 March 16–18, 2007, TMI Professional Members Carmen Montoto, MA,

and Jacqueline Mast, PT, MSEd, will host a special education conference at a beautiful hotel in the hills near San Juan, Puerto Rico, "Integrating Diverse Modalities in Healing and Learning." The conference will feature Martin Teicher, MD, PhD, a developmental biopsychiatrist at Harvard Medical School, Barbara Bullard, MA, a pioneer in using Hemi-Sync as a learning tool, Oscar Mokeme, an expert on two thousand years of Igbo tribal medicine, Shirley Storey-King, MSEd, a specialist in brain-based learning, and others. The speakers will address the topics of legal rights, neurobiology, neuroscience, nutrition, sound therapy, and spirituality. The program will also include a panel discussion and an artistic expression component. To find out how to join in three days of learning and sharing in a relaxing, intellectually stimulating environment, please contact Carmen Montoto at montoto@caribe.net

Creative Projects

TMI members John Knowles and Linda Leblanc, who live on the eastern Mediterranean island of Cyprus, have recently completed a unique project, *Reincarnation Cards®: Awakening Far Memory*. The set comprises a hardcover book and

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HEMI-LYNC

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sixty-one full-color cards specially designed to provoke “far memories” of both past and future incarnations. The illustrator of the cards also brings a TMI connection, as the designer is TMI residential trainer and artist Patricia Peters. TMI training came into good use as the three worked together over several years, separated by many thousands of miles. They feel that having attended several TMI programs together helped them to keep in tune and resonate smoothly and creatively throughout the project. The book has an extensive bibliography and resources list for further research, which includes TMI and references the *TIMELINE* program.

The authors, who seek to widen the perspective on reincarnation theory, present solid scientific, physical, and anecdotal evidence for reincarnation. The book includes a look at the implications of quantum physics for understanding the true nature of time, space, consciousness, and the paranormal. John and Linda also provide a philosophical framework to bring greater clarity and understanding to reincarnation

experiences, which they hope will enable readers *independently* to gain an insight into who they really are and their purpose in the universe. Called a “stunning, consciousness-expanding work” in the foreword by renowned transpersonal psychologist and educator Dr. Stanley Krippner, *Reincarnation Cards* will be available in January 2007 for \$34.95. Advance orders can be placed through the website, www.reincarnationcards.com

Newspapers

On July 18, 2006, *The Winnipeg Free Press Online Edition* ran an article authored by Carolin Vesely in “The Good Life” section.

“Embracing the End: Emotional and Spiritual Healing Can Happen Even in the Shadow of Death” profiled Vancouver physician David Kuhl, whose mission is to gently remind people “that the only thing standing between [them] and death is time or a terminal diagnosis.” The second half of the article featured TMI Professional Member Alexandre Chalaine, a Winnipeg meditation teacher. Alexandre has opened the Riverton Retreat Center, in the town of the same name, to provide “pre-palliative care.” There, he offers the

Living & Dying Program, which uses Hemi-Sync to help participants to live six days as though they were their last and to address issues of dying such as those raised by Dr. Kuhl. The center also offers a similar program called Death & Dying for terminal patients and their families. Both programs rely heavily on the *GOING HOME®* series developed by Robert Monroe in collaboration with Charles Tart, PhD, and Elisabeth Kübler-Ross, MD.

Research

Institute of Noetic Sciences Senior Scientist Dean Radin, PhD, has been collaborating with TMI Research Director F. Holmes “Skip” Atwater since early 2003. They are conducting an ongoing study of reduced quantum randomness associated with focused consciousness during the *GATEWAY VOYAGE®* residential program. They recently coauthored a paper, “Entrained Minds and the Behavior of Random Physical Systems,” which was presented at the Parapsychological Association Convention held in August 2006 in Stockholm, Sweden.

**MEMBER CDS***Rejuvenation*

This meditation guides you into an experience of renewal and regeneration: first, within a timeless garden; and second, within a fountain that flows from the Source of all life. Your entire being is balanced, cleared, and rejuvenated by the life-enhancing waters. *Rejuvenation* was scripted and voiced by TMI residential trainer Patricia Peters.

TLC (Transforming Life Challenges)

This exercise was originally designed for those who are facing physical health challenges. Its intent is to bring hope, centeredness, and a greater understanding of the wisdom contained in the gifts that lie behind those challenges. The listener may also adapt *TLC* to help cope with any significant life challenge. Simply relax and follow the verbal guidance throughout the exercise.

NO MORE YESTERDAYS

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My mother was virtually speechless, and everyone who knows my mother would know this was most likely the first day in her existence when that had happened. As she thanked me, I could hear in her voice the tears welling in her eyes. For the first time in a long time, they were happy tears. Could I give her a better gift? Yeah, maybe a hug and kiss, which I promptly delivered on arriving home.

I asked Mom to go to Dad, wrap her arms around him, and tell him the exact thing I'd just told her. And to tell him that despite the years he was gone from our lives while flying presidents, saving people's lives, and fighting for his country, that he did it *all the right way*—that I couldn't be prouder to have a father who gave *so much* to everyone and that none of it was a loss to me any longer. "Please tell him how sorry I am for the times we didn't speak because of different beliefs or misunderstandings," I said. "And tell him how much I

love him for all the ways he loves his family, and the tremendous sense of self that he has given all of us as a result of *doing it all right*."

I imagined my mom putting her arms around my dad and how for one moment in their lives, they could stop, stand in solitude as the *ONE* they are and feel the jubilation of knowing their number-one son had finally reconnected to the incredible loving grace of God. What a gift for them and for me!

Sure, eliminating my physical pain would be a wonderful gift. But somehow knowing that everything is complete between my family and me means that much more. Sometimes pain doesn't hurt so much when you know that the people around you truly love you and would do anything for you in your time of need. That in itself is one of the greatest gifts I know.

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**HEALING THE OZONE LAYER**

by Lynn Pivo

Lynn Pivo has been involved in metaphysics since she was nineteen years old. After reading Bob Monroe's trilogy, she traveled to the United States to attend the GATEWAY VOYAGE®. During the program, Lynn had a dramatic meeting in which she consoled her late mother who was still grieving for her deceased husband at the Focus 27 Healing Center. Two months after returning to South Africa, Lynn dreamed of her parents sitting together and talking on a bench in the Focus 27 Park. She perceived her father as a more expanded, evolved energy and says the experience is as real to her today as it was in 1993. Lynn returned to attend LIFELINE™ and EXPLORATION 27® back-to-back in 2005. In the following narrative, she describes how she has applied the skills she learned.

About three weeks ago, I got into bed around 11 P.M. and though tired, could not wind down for sleep. I used Bruce Moen's three-relaxing-breaths technique before running the energy, and I feel that it enhanced the process. I started running energy from a beautiful golden pool at my feet. The results have led me to do it every night since, and I thought my experience might be worth sharing with others. TMI suggests allowing the energy to flow through the body and out the top of the head to form a bubble around the body. Bruce Moen suggests that we allow the energy to just flow out the top of the head, which is what I did. I heard a splat. "Mmmmmmmmm," I wondered. "What was that?" I ran the energy again and followed it as it flowed out the top of my head. As it went splat, I got that it was adhering to the ozone layer. I liked that idea so much. So I ran the energy yet again, this time feeling love as it flowed through me and holding an intention for healing the ozone

layer. Because human activity has caused the tear in the ozone layer, it's our responsibility to heal it. Flowing the energy up there in this manner does just that. Then I imagined a sphere of green healing energy flowing into me through the top of my head. What we flow out, we flow in, and I have noted some physical improvements to my health.

A few nights later I was running the energy again. After four or five times it occurred to me to go to TMI There and use the crystal in the same way, which I did. The next night I went to TMI There, the dining room had grown three times bigger, and all the participants from my LIFELINE and all those from my EXPLORATION 27 were gathered around the crystal. There were enough of us to make three circles of people around the crystal. Graduates and light-beings also joined in the exercise. We all flowed love into the crystal and then did the WhoooAah exercise,

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Book Review

Deepak Chopra, MD. *Life After Death: The Burden of Proof*. New York: Harmony Books, a division of Random House, Inc., 2006. 282 pp. \$24.

Reviewed by Laurie A. Monroe

I was honored to receive an advance copy of this book and to be asked for my comments. Like millions of others, I've always been a huge fan of Deepak Chopra's, and I couldn't wait to discover his "take" on a subject so very significant to those of us here at the Institute. After all, since 1991 our residential *LIFELINE* program has offered participants the unique opportunity to move into states of consciousness beyond this physical-matter reality and to directly explore the "afterlife" from a variety of perspectives. To this day, our biggest thrill at the conclusion of a *LIFELINE* is to hear, "I now KNOW that my consciousness survives physical death!"

First of all, Chopra is a terrific writer. He deftly weaves this book around the engaging parable of a woman hero, Savitri, and the enemy she must defeat, Yama, the lord of death. Seamlessly inter-

spersed throughout the account are personal stories, mystical and religious teachings, concepts from quantum physics, theories of consciousness, and the latest findings in related scientific research.

One recurrent theme is that self-exploration is the most important thing one can do in order to prepare for the afterlife. Chopra states: "To see this proof, we must expand the boundaries of consciousness so that we know ourselves better. If you know yourself as someone beyond time and space, your identity will have expanded to include death. The reason that human beings keep seeking fulfillment beyond the stars is that we sense that our own mystery lies there, not here in the realm of physical limitation" (p. 26).

I could go on and on, but the bottom line is that I cannot recommend this book highly enough. It is a dear, precious—even sacred—treasure.

[Laurie A Monroe is the president of The Monroe Institute.]



HEALING THE OZONE LAYER

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while holding an intention to heal the ozone layer. The energy flowed out of the top of the crystal in a spray (like the nozzle of a hose pipe that had been opened halfway) and went directly to the hole in the ozone layer. It gives me a humble feeling to have gone to TMI There and found so many people and graduates and light-beings participating in the exercise.

Something similar happened two months before my *GATEWAY VOYAGE* in 1993. I was lying in bed and going over my travel plans when I had a vision of the San Andreas Fault line running along the West Coast. In my vision the fault line was like a broken zipper with the teeth bent out of shape. I saw two volcanoes imploding and hot molten lava filling in the fault line. I met with many people dur-

ing my California trip and shared my vision with any who wanted to hear about it. Some of them passed it along, and many included it in their meditations. The story of my vision came back to me when I went from Seattle to Los Angeles to visit other friends and family. I wonder how many serious earthquakes there have been in that area since 1993. Perhaps my sharing then had a positive impact.

My original exercise has taken on an expansion of its own. I do it every night at bedtime when my body is relaxed. Now I can go directly to the crystal at TMI and each time the room is packed to capacity. We all open our hearts and direct love into the crystal. A few nights ago, when the whoosh of energy left the crystal to go up to the ozone layer, the Beings of Light followed it. Many of us in the dining room at TMI There were curious enough to join them. I

have not yet seen what the ozone layer looks like, but I do see the energy as golden threads that the Beings of Light are laying out in a kind of spiderweb formation. We are helping to weave and knot the threads onto the pattern they have laid out. Two nights ago, the energy from the crystal changed to sort of a cotton candy cloud as it approached the ozone layer, which had the effect of filling in the spaces of the web. The way that this process has expanded and continually built over time amazes me.

So if this exercise appeals to you, do it for yourself and pass it on. Who knows, we may be doing something amazing for Mother Earth. This kind of work could go a long way toward righting the fluctuating weather patterns all over the world as the healing of the ozone layer takes on momentum.



TMI'S LIFE-CHANGING INFLUENCE

by Basil O. Bristow



GATEWAY® graduate Basil Bristow was born in London, England. He immigrated to the United States

in 1947 and became a U.S. citizen in 1952. He had served with the Second Armored Calvary Regiment during World War II. Basil and his late wife, Evie, were married for forty-two years. He received a degree from the Albany, New York, business college in 1954 and has held a wide range of positions during his working life, from being a shepherd boy at age ten to having his own gift shop. After retiring in 1987 and moving to Ocala, Florida, in 1990, Basil became active in a broad spectrum of community activities and currently volunteers with a compassionate care team. He is also a writer and has penned award-winning short stories, a newspaper article, a book of prayer, and seven novels. Basil's last book, *A Year with God*, was produced through automatic writing.

Attending the GATEWAY VOYAGE in June 2002 not only had a major influence on my life, but it also changed my life. My main purpose was to learn to use both sides of my brain instead of primarily the masculine side that had served me so well for the past seventy-two years. TMI most certainly did that, and it also opened my mind to realms other than that of the planet Earth.

While in GATEWAY I discovered that I could converse with my

father who had passed some thirty-seven years ago. My mother, dead since 1984, was also heard from. One of the things that dad told me was that my brother needed help. He, my brother, had been in the Royal Air Force and was killed while on a bombing raid over Germany back in 1941. During the next few months I did my first soul rescue work and he moved on.

In June 2003 I joined TMI Trainer, John Kortum, on a paranormal investigation of the Queen Mary, docked in Long Beach, California. During that visit a spirit who had died on board in 1947 spoke through me and—along with other TMI graduates—we were able to help him move on. That expanded my GATEWAY VOYAGE experience even further. It led me to LIFELINE™ in 2004, then back-to-back EXPLORATION 27® and STARLINES, concluding with the Afterlife Communications Workshop in 2005.

**While in
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In early February 2004, while in meditation, I "heard" from "Emil"—a very old soul who lived on earth eons ago. Over a period of one and a half years he sent me

189 messages dealing with the love of Spirit (God) versus the love of self (humanity). The word versus was not meant in a negative way, it was used simply to emphasize the difference between the two types of love.

When Emil finished, along came "James." James had been a monk in Tibet thousands of years ago and his job was to instruct me in the gentle art of enlightenment. In four months he sent me seventy-seven messages. Within two days of James closing down, I heard from "Philippa of the group." Her job was to answer general questions relating to life and one's soul. A month later I began to hear from "Frances of Arcturus" and her task was to help me to "explore many areas of creation so that love and peace will forever stem from your soul and heart." Philippa and Frances took turns, and from March through November 2005 I received 101 messages from them.

Now, since mid November 2006, I am hearing from "Bluestone." His subject is the Universal Consciousness and as of mid-October I have received 198 messages from him on this item.

Similar to what Lisette Larkins describes in her book, *Talking to Extraterrestrials*, I do not hear the voices of these entities, I somehow know what to write. Most of these messages are received while I am in meditation, usually in the morning. I e-mail the messages to anyone who is interested: some are TMI graduates and some are not. But it was The Monroe Institute and GATEWAY that started all this, and I am most grateful. Thank you Bob Monroe!



Book Review

J. R. Madaus. *Think Logically, Live Intuitively: Seeking the Balance*. Charlottesville, Va.: Hampton Roads Publishing Company, Inc., 2005. xvii + 309 pp. \$15.95.

Reviewed by Matthew Fike, PhD

Toward the end of his new book, Richard Madaus seems to direct a remark to the reader: "How one reads a book can reveal a great deal about how one approaches life itself." In other words, the part represents the whole, and an overall perspective in turn influences the part. But the more important point is that the author's own approaches to life are in a similar reciprocal relationship with how he writes a book about the reading experience. *Think Logically, Live Intuitively* comments on complementary acts of reading: the author's interpretation of his courses at The Monroe Institute, the School for Enlightenment and Healing in San Diego, and the Institute of HeartMath in Boulder; and his synthesis of voluminous reading in cutting-edge scientific literature (the seeker will find much of interest in the "Recommended Reading"). As a psychic experient who is also an information specialist ("a librarian turned computer nerd"), Madaus examines the implications of "psi" (a term he prefers to "paranormal") in ways that help to reconcile mysticism with science for an audience of nonspecialists.

Madaus's experiences at TMI—told in present tense for immediacy—are the main highlight of *Think Logically, Live Intuitively*. He participated in the GATEWAY VOYAGE® in April 1995, just one month after Robert Monroe's transition, so the book contains no new anecdotes about the man himself. But it does offer an array of fabulous psychic experiences. Madaus writes, "The TMI [GATEWAY] program had sent me far out into the universe. [GUIDELINES®] has now taken me deep within the small." At GATEWAY he frequently went out-of-body, expanded his consciousness to embrace the universe, and entered the Light as do those who have near-death experiences. At GUIDELINES, he explored from the point of view of a single cell in his own lung, had a memorable PREP session in the isolation booth, and communicated with two Guides—a Native American male named Gray Wolf (a.k.a. Ralph) and "a lovely, gossamer-clad, ethereal creature" named Elizabeth who claimed to inhabit his heart chakra. At LIFELINE™, the author "encountered the great teachers of various religions," and later he "witnessed the attendance of the departed at their own funerals and participated in the transition process with others." These are fascinating statements, and the reader will wish that Madaus had provided specifics, but the book does include a detailed account of a dramatic soul retrieval

that occurred during a post-LIFELINE "craniosacral therapy session with a massage therapist" (like the "Patrick Tape," the account involves retrieving the male victim of a mishap at sea who did not realize that he was already dead).

Regarding his Guides' gender, Madaus's point in his journal—"This is all a symbol for the masculine and feminine aspects of guidance"—deserves amplification. Gray Wolf and Elizabeth are what Carl Jung (mentioned elsewhere in the book) would call an animus/anima pair or syzygy, and they parallel the sort of balance that TMI seeks to foster by having a man and a woman facilitate each residential course. More to the point, *Think Logically, Live Intuitively* regularly touches on the way in which a male's psychic exploration puts him in touch with his feminine aspect. For Madaus, the experience of the Goddess in his heart chakra led to greater appreciation of love and enhanced his already-blissful relationship with his wife of thirty years.

Besides recounting his TMI experiences, Madaus synthesizes years of reading in scientific literature, and among various good reasons to read *Think Logically, Live Intuitively* is the fact that this review can only mention a few of the high points. A continuum spanning the physical, the psychoenergetic or intellect, and the transcendental or quantum provides a context for understanding that the nonphysical can promote physical healing. Moreover, if the energy fields of mind and body "are significantly intertwined," then doctors should broaden their perspective, and psi should be used in medical diagnosis. Madaus does not directly connect field theory with TMI Trainer Karen Malik's previously quoted assertion of "very great power in simple human touch," but it seems likely that the one accounts for the other. He does, however, devote significant attention to therapeutic touch (he is a healer himself), and his fascinating experiences at the School for Enlightenment and Healing—one of the book's highlights—are in harmony with the discussion of a holographic model in which "consciousness manifests as reality."

In synthesizing others' logical approaches to intuitive experience, Madaus, like Joseph M. Felser in *The Way Back To Paradise* (reviewed in the winter/spring 2005 *TMI Focus*), proposes a balance between an array of seemingly conflicting elements. On the one hand, Western science emphasizes a conscious, objective, skeptical, brain-centered, and ego-driven approach to physical phenomena perceived only by the five senses. On the other, Eastern mysticism manifests openness to nonlocal phenomena, the spirit world, and expanded awareness. Madaus asserts a "multiple-answer approach" in which such seemingly contradictory world

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in 2003, I became acquainted with the Hemi-Sync Focus levels: Focus 10 (mind awake, body asleep), Focus 12 (expanded awareness), Focus 15 ("no time" level, where creation and manifestation is abundant), and Focus 21 (the bridge to other, nonphysical energy systems). By exploring different states of consciousness through direct experience, I was able to open my heart and mind and understand in greater depth the nature of my own reality and relationship to the universe as well as learn several methods to communicate with my inner guidance and enhance my creativity in order to manifest. Here, in the physical plane, what I saw and learned There.

LIFELINE exposed me to higher focus levels: Focus 22 (where humans still in the physical have partial consciousness), Focus 23 (inhabited by humans who have recently exited physical existence and have not adapted to the change), Focus 25 (the Belief System territories, where some who have exited the physical are stuck in a particular belief system), and Focus 27 (the Reception Center, or Park, designed to ease the trauma and shock of the death transition and to assist the newly deceased in evaluating options for their next steps in growth and development).

Becoming familiar with those levels of existence and learning to offer assistance to those I met there also gave me an opportunity—to retrieve long-lost parts of myself and to learn in the process that death should not be feared.

TIMELINE explored in depth Focus 15, a state of "no time." The program was developed in recent years by Lee Stone, an experienced TMI trainer, with the goal of guiding participants through a "step-by-step

process of knowing [their] higher purpose in life and offering [them] new insights into how to fulfill it." Revisiting key events from the early years of one's current life uncovers and releases old beliefs or recurring emotions that have been limiting or obstructing progress. Then we explored other lives to gain a new understanding of the origins of current life issues. During a meditation, I met my future wise Self at the end

the universe, and myself. We were encouraged to retrieve historical data regarding Focus 27, investigate artifacts, and explore new ideas for application to physical creations here. Focus 27 has many functions: the Reception Center, the Education Center, the Healing & Regeneration Center, the Planning Center, and the Coordination Center.

For example, the Planning Center serves multiple purposes, such as planning other lives on Earth or in other life systems, monitoring the Earth for troubles/opportunities, and providing intervention/squad teams for dealing with unpredictable issues. Other life systems also exist, in addition to Earth, and they communicate with each other via the Coordination Center.

It was exciting to visit the Healing & Regeneration Center, where I was able to observe various healings. For example, a young girl and a young woman were treating a frightened little girl who had died traumatically. They gave her some "energy" toys that healed her when she touched and hugged them. Then I received a personal healing session, during which I lay down in a white gel-like substance while white energy beings worked on my shoulders and neck.

The Education Center featured several layers of learning. Some people were studying music; others, arts; others, sciences; and others, healing, in a relaxed and joyful atmosphere. I understood that many people remember talents and skills learned in the Education Center once on Earth. I met guides who gave me several energy "gifts" in my hands, heart, and head, increasing my energy vibration and intensity. They told me to continue as a spiritual guide/teacher and gave me ideas on how to best use my talents. There was a feeling of being very powerful,

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I met guides who gave me several energy "gifts" in my hands, heart, and head, increasing my energy vibration and intensity

of my current life. From that beautiful light-being I learned what I came here to accomplish, saw key events of my life, and learned the approximate time of my death. The future, interestingly, is not set in stone. The possible scenarios are many and varied.

During the EXPLORATION 27 program, Focus 27 is visited extensively. All participants are encouraged to link up their energy and "travel" as a group. I had extended communications with the residents there, including my own I-There—an energetic composite of all my personalities and experiences from other lifetimes—who provided me with information about our planet,

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loving, and able to access the right knowledge at the right time.

We also visited the center of the Earth and interacted with the Mother Earth/Gaia consciousness, whose energy is grounding, nurturing, and so alive and connected to our solar system and galaxy.

The program concluded in Focus 34/35, which is the area of “The Gathering” described by Robert Monroe in *Far Journeys*. There we were greeted by “friends from beyond.” Most of them did not look human, but they felt related to us, part of the same family. They shared their names and showed me where they are from on a map of the universe. They are observing Earth closely. They are here to witness an “event” (like a birth of a new energy) that may affect the Earth as well as adjoining energy systems and are willing to help, if asked. I sensed that they are waiting for all their “parts” to arrive, some from the Earth Life System, some from other life systems. Once complete, the energy of the Gathering will transform/renew itself and move on to another level. This Gathering is not unique: there are others out there at various levels, continuously growing and changing. They will continue to merge and become more and more complete until they are all One, All That Is.

EXPLORATION 27 elevated my perspective by many levels. I was able to see more of the larger picture and to realize that I am much more than my current personality—a part of the Gathering, a part of All That Is. Key words that characterize my learning are: disseminate; commune; give and receive; connect; part/whole; big/small; together; love. It became clear that our plans adjust constantly and that our intentions determine who we are and how the plan ultimately manifests.

During the STARLINES program, our progress toward *kosmic consciousness*—a term used by Ken Wilber—continued. According to Wilber, as our sense of identity expands we go from identifying with our own organism (me) to identifying with our family, group, nation (us) to finally identifying with all beings/energies in the universe (kosmic consciousness). Continuing to reclaim and integrate parts of Self and discover our relationship with other life forms, we used the energy of the Gathering (F34/35) as a starting point for further explorations of life and consciousness beyond the Earth/Human realm. There are parallels between outer space exploration and inner space explorations (as without, so within, and vice-versa). For instance, the central point of our galaxy has higher energy frequencies that seem to lead to higher states of consciousness and Self-Integration. While scientists believe that the Galactic Core may be a “black hole,” drawing matter into it, consciousness explorers suggest that it may be a major consciousness portal or star-gate.

Franceen King (senior TMI residential trainer) developed STARLINES in 2003 and included some new Focus levels, F42–49, which include Hemi-Sync binaural beats mixed with NASA cosmic sounds (radio waves translated into audible form). Hubble Telescope images aided our journeys.

According to Robert Monroe, there are “octaves” of consciousness, i.e., Focus 21–28, 35–42, and 42–49, each representing a particular theme. In F28–35, the theme is gathering awareness of the I-There, an organized collection of personalities and life experiences existing beyond time/space. This is similar to the idea of an Oversoul or Higher Self in some philosophical systems, e.g., Jane Roberts’ *Oversoul Seven Trilogy*. In F35–42, one gathers awareness of the I-There Cluster

(an organized collection of bonded/related I-Theres, with awareness of the purposes and relationships of the I-Theres of which it is composed). In F42–49, the theme is gathering awareness of the nearby portion of the “Sea of I-There Clusters” (a seemingly infinite set of I-There clusters) and future pathways to the Source, Great Emitter, or All That Is. It is interesting to note the parallels between the I-There and a galaxy (a collection of star systems); between I-There clusters and galaxy clusters; and between the Sea of I-There Clusters and galaxy superclusters (a collection of several clusters of galaxies).

Our group traveled in an energetic “spaceship” called Voyager 8. In it, we explored the solar system, familiarizing ourselves with the individual consciousness of each planet, as well as the group consciousness of the entire solar system. They are connected to each other, although each has a unique energy signature. Saturn felt heavy, while Neptune and Uranus had a pleasant, light energy. I made contact with my I-There (a bright energy swirl) and was open to perceive whatever was essential to me. I got the impression that the planets enjoyed mixing their energies in a dance/flow and that we humans are key “pollinators” in that process.

With the aid of F42 Hemi-Sync frequencies, we traveled to the Alpha Centauri and Sirius star systems. Alpha Centauri had lots of planets circling in a doughnut-shaped belt around two suns. The beings there (angular, short limbed) were very friendly (their energy felt like part of my I-There cluster), and they showed me around. They seemed to have a “pair” consciousness, though they can also function alone with some difficulty. Sirius felt empty and desolate. The custodian energy-being there told me that

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views can both be true at the same time, and this balance or “whole-brain” approach” becomes a “dance” in which we can engage on a personal level if we will experience before we analyze. Given such stated inclusiveness, it is disappointing that the last page lapses into binary opposition between following “life scripts” and embracing “totality.” Overall, though, the book advocates complementarity, not mutual exclusivity.

Madaus concludes by answering the question that inspired him to write *Think Logically, Live Intuitively*: what advantage or benefit does psi offer? His answer: “You can benefit from inner exploration by gaining your total freedom and assuming your true identity.” This “true identity”—rendered elsewhere as “Total Self,” “true self,” “deep self,” and what Jane Roberts calls “source self”—includes physical, nonlocal, and quantum parts of our being. Affirmation of the Total Self involves appreciating the connectedness of all persons, overcoming the nexus of ego-intellect, and taking responsibility for the effects that our energy fields have on others and the world. In Madaus’s view, realizing this totality “may be the beginning of true wisdom and a whole new level of humility.”

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Sirius's many planets were destroyed by war and natural disasters. Many Sirians left and settled/incarnated in the neighboring star systems, including Earth and Alpha Centauri. I felt deep compassion, love, and a desire to heal the entire area. On another trip, we visited Arcturus, which felt heavy/low in energy and old. The Pleiades was a very familiar energy. There seemed to be several civilizations able to “teleport” themselves and their large ships from one planet to another via laser telescope-type equipment. The beings there were golden/orange, very thin, with triangular faces and slanted eyes, and resembled one of my guides. Orion felt like a sort of United Nations—the government of our galactic neighborhood—with ambassadors from many star systems, including ours. We were introduced to an energetic multidimensional space station, called “Alpha Squared,” that symbolized our I-There cluster in the Sea of I-There Clusters. It appeared as a cylinder full of energy swirls (I-Theres) bonded to each other, transferring and homogenizing their energy, and thus bonding with more I-Theres. Eventually, they all click into one piece and become a fully formed I-There cluster. The process is similar when I-There clusters eventually form a sea of clusters.

The next stop was some of the pulsars in the Milky Way. The millisecond pulsar felt familiar to me and very nurturing. The being there took me into an octagonal room with a large white crystal in the center and explained that pulsars are the communication centers of our galaxy; they are like flashing neurons in the body, forming the nervous system of the galaxy and exchanging energy/information within the galaxy but also with neighboring galaxies. I perceived the entire galaxy as a sentient

organism and part of a larger organism—the Universe. Nonphysical travel throughout the universe at the speed of thought is much faster than the speed of light and takes advantage of several shortcuts/portals. One can travel very quickly to the center of the galaxy by hopping from pulsar to pulsar, as the millisecond pulsar is relatively close to the galactic core. I got the image of a galactic “bee” disseminating energy from one part of the galaxy to another, a function that seems to be important for spiritual growth and integration. F49 Hemi-Sync signals took us to the galactic core. The experience was almost indescribable. It was expansive, peaceful, loving, blissful, enlightening, and much, much more. I lost the notion of “me” and felt one with the galaxy. The galactic core—a funnel of colorful energy swirls—sucked me in, and I sensed Andromeda, our neighboring galaxy. It also felt familiar, part of the same organism. My spiritual growth during STAR-LINES felt exponential, as I experienced firsthand the cosmic consciousness, identifying with our galaxy and beyond. I credit TMI programs for my decision to pursue a degree in transpersonal studies, to further my formal education in the consciousness field.

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